P.E. 308 Final Exam

30 Points

1. In this video clip, what does Coach Gaines tell his team about "being perfect?"

Coach Gaines flips “being perfect” into its most basic elements – forget the stats, forget the scoreboard. To him, being perfect has nothing to do with being error free or perfect. It has everything to do with giving it all up, being honest with yourself and not holding anything back – not physically, not emotionally, not mentally. It’s about walking off that field and being able to look the people you care about in the eye and say, “I gave you everything I had.” It’s all in. There are no shortcuts. No regrets.

2. As a future coach, what would you tell your team about "being perfect?"

I’d tell them something along the same lines, but with a grain of my salt. Being perfect has nothing to do with the score or the final stats. It has everything to do with maxing out what you can control – the things in your hands, your effort, your attitude, your preparation, your focus – and then letting God handle the rest. I’d remind them that being perfect has nothing to do with no mistakes. It has everything to do with giving everything they had and not saving a drop of blood for morning coffee. It has everything to do with laying it all out there, every practice, every rep, every game – so that win or lose, they can look themselves in the mirror and say, “I emptied the tank. I didn’t coast. I didn’t hide.” That’s the kind of perfect I’ll always ask for.

3. If you were on this team in the video clip, what would Coach Gaines’ words mean to me personally?

They’d hit me like a freight train – in the best way. His words would turn the flame under me, and I’d remember every obstacle I’ve already jumped and every bit of fight I still have inside of me. I’d remember that I’m closer to the finish line than I like to admit, and that I owe it to myself and everyone who’s believed in me to finish strong. He’d flip the switch. I wouldn’t walk off that field. I’d sprint through the tape because I’ve come too far and worked too hard to ease up now. I’d go out swinging because that’s what I deserve.